

Parchamo Peak



Parchamo peak (6273m / 20575 ft) lies on the head of Thame Valley in the Everest region marking the border with the Rolwaling valley trekking area to the west. This peak can be reached via two approach routes one through the trekking to Rolwaling valley and Tashilapcha pass (west to east) and next from Namche bazaar to Thame valley and to high camp (east to west). Approach from Namche bazaar side require shorter trek than from Rolwaling. As one of the highest in trekking peak category the peak offers relatively hard climbing.

Duration: 18 days

Price: \$2330

Group Size: 2

Grade: Challenging

Destination: Nepal

Activity: Climbing

Region: Everest

Equipment Lists:

Footwear : Well broken-in walking shoes - these must be suitable for snow, thick socks, light socks, camp shoes.

Clothing : Down or fiber filled waterproof jacket and trousers, sweater or fleece jacket, underwear, warm and cotton trousers or jeans, shirts and T-shirts, shorts, long underwear, wool hat, sun hat, gloves, bathing suit, track suit.

Other equipment: Sleeping bag (5 seasons), lock, day pack, water bottle, sun cream, sunglasses, flashlight with spare bulbs and batteries, lip salve, gaiters.

Other items: Insect repellent, toilet articles, diary, toilet roll, laundry soap, wet ones, pocket knife, towel, sewing kit, plasters,

binoculars, camera, film, cards and personal medical kit.

Itinerary:

Day 1: Kathmandu arrival

Our representative will greet you in an airport and transfer you to your hotel. After refreshment you will be formally introduced to your Guide and the activities to be enjoyed over the next few days. We will also ask for your passport photographs and any other details required for your trek permits, at this stage.

Day 2: Sightseeing in Kathmandu

After breakfast, we start an interesting tour around Kathmandu. Escorting by an English speaking guide (can be provide any language speaking guide on request) be, try to give them a full taste of our vivid culture image and an enchanting manner of its people. In our sightseeing tour we go to Monkey temple Swayambhunath, Pashupatinath, Bouddhanath and Kathmandu Durbar square.

Bouddhanath: Bouddhanath is a Buddhist religious complex with a history dating back over 500 years. Located on the eastern edge of Kathmandu it is now a site of great pilgrimage for Buddhist followers who circle its massive stupa, spin its many prayer wheels and visit its beautiful monastery. The main feature of Boudhanath is its huge hemispherical white stupa with central golden tower and the all-seeing eyes of the Buddha. Visitors should circle the stupa in a clockwise direction and spin prayer wheels for good fortune and a good life. Visitors may also enjoy visiting the Thangka painting school within the complex to see highly skilled artists at work on religious mandala paintings.

Pashupatinath: Hindu Temple is a very large and complex and focal point for the Hindu religion. This old and very revered complex of buildings and shrines is dedicated to the Lord Shiva, one of the main deities of Hinduism. While Lord Shiva has multiple forms he is often seen as the destroyer. This has great significance for the Pashupatinath temple as it is the site of many Hindi ritual cremations each day. Pashupatinath is considered by Hindus to be an auspicious site for passing from one stage of life to the next through the purifying and destroying flames of cremation. However, on a happier note, visitors may also get to see the temple in a buoyant festival mode with one of the many Hindu festivals celebrated here through the year.

Swayambhunath: You will first visit the Swayambhunath temple complex that sits atop a high hill overlooking Kathmandu and the entire Kathmandu Valley. Swayambhunath is perhaps the most sacred Buddhist pilgrimage site in Nepal. It consists of a very large white stupa with the all-seeing-eye of Lord Buddha plus many small stupa and beautifully carved stone shrines. This is a wonderful place to catch your breath and start to understand and appreciate the deep importance of Buddhist belief to the people of Nepal and the Himalaya region. Make sure you ring the many bells to awaken the gods and let them know you are in Nepal. Take the time to enjoy the view over Kathmandu and have your guide point the many other highlights of the city. In the far distance to the east you may also be able to see the hills of Nagarkot where your hotel for tonight is located. If you feel energetic you might also like to try some or all of the 350 steps that lead all the way from Kathmandu city up to your Swayambhunath temple vantage point.

Kathmandu Durbar Square: The next stop today is the beautiful Kathmandu Durbar Square, or the royal palace square of the ancient Malla kings of the Kathmandu Valley. This square and all its architectural treasures are a UNESCO World Heritage Site. While some damage to buildings occurred in the 2015 earthquake the site still contains many stunning architectural gems. The original royal palace courtyards are open to visitors and you will marvel at the intricate timber carving and beautifully crafted brickwork of the palace. The open square outside the palace has many beautiful multi-storey pagodas and temples with ornate carving and carpentry artwork that tells some of the story of the ancient kings and their mystical time and beliefs. The square also

contains many important Hindu temples and statues such as to Vishnu and Lord Shiva. Durbar Square also contains the unique and intriguing Kumari Chok. This is an ancient and ornate house where resides the Raj Kumari – the Living Goddess. She is a young girl chosen through an ancient and mystical selection process to become the human incarnation of the Hindu mother goddess, Durga. If you are in the courtyard of the home at the right time in the afternoon you may see a brief glimpse of the Goddess at her window.

Day 3: Kathmandu to Lukla Trek to Phakding

Your early flight to Lukla today will take approximately 30 minutes; from here you will trek to Phakding, descending 200m over 3 hours. You will catch a glimpse of some great mountains such as Nupla (5885m) above Kongde Ridge, Kusum Kang (6367m) appears on the right a little later. All along you will be following the northern (left) bank of the Dudh Kosi River. It is important to take these first few days slowly to enable your body to acclimatise and to enjoy the passing scenery and culture.

Day 4: Phakding to Namche Bazaar

Today begins on level ground, relative to the environment in which you are! You will cross the river on a high suspension bridge and begin to climb up to Monjo (2800m) and on to the gateway to the Sagamatha National Park Entrance in place to protect and preserve this beautiful environment. There is a good rest stop on the way up where you will see people gathered, admiring the first real chance to see Everest in the distance. On the way up today you will be rewarded with views of Kusum Kanguru, Thamserku, Konde-Ri and Tawache Peak before eventually arriving at Namche after about 5 hours.

Day 5: Rest day in and around Namche Bazaar

The main aim today is to allow your body to acclimatize, it is important to drink lots of water and take some gentle exercise. Namche is a growing town tucked into a neat little valley, there is lots going on in the centre with market days on Friday and Saturday. There are some interesting museums and shops. There is also internet and a sauna! You could venture further afield, take a visit to Khumjung where the Hillary school sits and Khunde nearby, on the way back to Namche you could visit the Shyangboche airstrip, (3790m) the highest in the world nearby is the Everest View Hotel for stunning views.

Day 6: Namche to Thame

This is comparatively a less crowded trekking route. The route is very scenic. You will pass through many villages like Thamo. You will get a bridge and underneath stream water flows, this is a very beautiful site and the sound that it makes is something never heard off. It will take 5 hours to reach Thame. It is a very beautiful village where Tenzing Norgay spent his childhood.

Day 7: Thame to Thengbo

After breakfast, start a trek to Thembo. Today you will be experiencing a bit easy glacier walking. The trail ascends towards Thyomgbo.

Day 8: Thengbo to Parchamo Base Camp

This day you will reach to Parchamo Base camp. The trail will completely be over the snow straight up.

Day 9: Rest day and Preparation for Climbing

This day is for making necessary preparation for the summit of Parchamo. Here you will be completely surrounded by the views of Parchamo, Thamserku, Kusum Kanguru, Pigphera go shar and many more.

Day 10: Pacharmo High Camp

We trek from Base Camp to high camp.

Day 11: Summit over night at High camp or Base Camp

Early morning wake up at 2 AM and start climbing. Day of summit and onwards trek back to Base camp.

Day 12: Extra day for climbing

This is reserved day in case of bad weather.

Day 13: Base Camp to Thame

Early morning you will trek down to Thame. This trail gradually descends and you will have an added experience of easier trail and will be able to enjoy the natural beauty of the environment.

Day 14: Thame to Namche Bazaar

Trek Thame to Namche Bazaar (3440m.) The trail descends gently for early one hour to Sanasa (3550m). Now you have a glimpse of first really good views of the great peaks of the Khumbu including Mt Everest, Nuptse, Lhotse, Ama Dablam, Thamserku and Kusum Kanguru. Passing by several villages and numerous teashops, the trail descends steeply to a bridge over the river Dudh Koshi at Phunki Tenga (3250m.) Although exhausting due to the zigzag path, the trek has numerous attractions like rhododendron bushes, beautiful birds chirping and superb mountain scenery making your trek exciting. Tyangboche is famous passing by several villages and numerous teashops, the trail ascends steeply to Sanasa where local Sherpa people sell the Tibetan goods. The way from Sanasa to Namche has small ups and downs with view of forests, scenery and mountains.

Day 15: Namche Bazaar to Lukla

A four hour walk today descending steeply for the first half then on to Phakding, where you will spend the night. This is your final day trekking; it will take you around 3 hours more to Lukla from Phakding. This evening you will have a farewell ceremony with your guides and porters where you will be able to sample some Chang and try some Sherpa dancing.

Day 16: Lukla to Kathmandu fly

You will be on an early flight back this morning, on arrival in Kathmandu you will be met and taken to your hotel.

Day 17: (Day can be used in case of flight cancellation) Kathmandu free day of your own

Enjoy a day exploring some of the quieter streets of Kathmandu, stocking up on souvenirs and presents for those back home. In the evening you will drive you for farewell dinner with cultural dance. There is an option of flight for 30 minutes.

Day 18: Final Departure

All too soon it's time to bid Nepal farewell and one realizes that we can never be intimate, only acquainted with this amazing country.

Cost Include:

- Airport picks up & Drop off by private transportation as per itinerary
- Accommodation in 3 stars hotel in Kathmandu with breakfast as per itinerary
- Kathmandu Lukla Kathmandu flight fare for member & Guide / Climbing guide
- Cargo
- National Park fees & TIMS
- Accommodation in Normal Lodges with common bathroom during tea house trek
- Accommodation in Tent during Climbing as per itinerary
- 3 meals (breakfast with 2 cup of Tea Coffee, lunch & Dinner) during tea house trek
- An English speaking Guide with mechanical backup during tea house trek
- Boil water, Tea coffee during Climbing as per itinerary
- Experienced cook, Sherpa & required porters during climbing as per itinerary
- Permit fees & Garbage deposit
- Tent mattress cooking utensils & camping gear during climbing as per itinerary
- One porter between two members during trek (A porter carries maximum weight of 24 kg) during tea house tre
- Accommodation, meals, salary, equipments & Insurance for Guides & porters
- All government taxes
- Fare well dinner

Cost exclude:

- International airfare
- Nepal Entry Visa fee (US\$ 50 per person for 30 days)
- Excess baggage charges (12 kg weight is allowed)
- Experienced Climbing guide & his equipments fees
- Lunch/Dinner in Kathmandu
- Drinking Water during tea house trek
- Electricity bills (Charging camera battery, mobile)
- Hot shower
- Soft/hard drinks
- Emergency evacuation fee
- Member Insurance
- TIPS
- Personal spending money
- Items of personal nature i.e. Soft/hard drinks, etc.
- Expenses incurred due to mishaps, landslide, strikes, political unrest etc. In such case extra will be charged as per actual
- Anything not specified in the Cost Include section